

16 NOURISHING RECIPES

Beauty from Within



ANCIENT WISDOM FROM
AYURVEDA & TAOIST PRACTICES
FOR RADIANT SKIN, HAIR & NAILS
MADE WITH THERMOMIX.

CREATED BY MATHILDE @TILLY.MIX

Cultivating Radiance

The Philosophy of Internal Beauty

- **The Concept:** True radiance cannot simply be applied topically. Healthy skin, thick hair, and strong nails are the biological markers of a thriving internal environment.
- **The Promise:** By combining the energetic wisdom of the Taoist diet with the mechanical efficiency of trophology, you can optimise digestion and deeply nourish your body.

The Taoist View of Beauty: Energy, Blood, and Moisture

- **Yin & Hydration:** Yin is the body's cooling, hydrating mechanism. When Yin is abundant, the skin is plump, moisturised, and resistant to premature fine lines.
- **Blood & Colour:** Blood does more than pump through veins; it carries nutrients and vitality to the extremities. Nourishing the blood brings a natural, healthy colour to the cheeks and prevents hair from thinning or greying prematurely.
- **Jing (Vital Essence):** Jing is the body's foundational battery pack or anti-ageing reserve. We protect our Jing by eating nutrient-dense, restorative foods, which directly translates to strong nails and vibrant hair.

Trophology: The Science of Food Combining

- **The Digestive Fire:** Digesting food requires immense energy. If the body is exhausted from trying to process conflicting food groups, it diverts energy away from cellular repair and skin regeneration.
- **The Chemical Clash:** Proteins require an acidic stomach environment to break down, while concentrated carbohydrates (starches) require an alkaline environment. Eating them together neutralises the stomach acid, leading to fermentation, bloating, and poor nutrient absorption.

The Three Golden Rules for Your Plate

- **Rule 1:** Fruits Stand Alone. Fruit digests faster than anything else. If eaten after a meal, it gets trapped and ferments. It must be eaten on an empty stomach.
- **Rule 2:** The Protein Plate. Concentrated proteins (meat, fish, eggs) harmonise perfectly with non-starchy vegetables and leafy greens.
- **Rule 3:** The Starch Plate. Concentrated carbohydrates (grains, root vegetables, pumpkin) harmonise perfectly with non-starchy vegetables and healthy fats.

Sourcing and Seasonality

The Eco-Conscious Kitchen: Select low-impact, locally grown ingredients whenever possible. Foods grown nearby and in season naturally contain the exact nutrients the body requires for that specific climate, aligning with the Taoist principle of living in harmony with nature.

How to Use This Book

Start your day with the Morning Elixirs and structure your main meals around the Golden Rules of trophology to optimise digestion and nutrient absorption.



MORNING
ELIXIRS & TEAS

- menu
- matcha matcha
 - golden milk + tea
 - golden saice
 - Adaptogen Blend
 - + tea
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 - mate

Adaptogen
Blend

Morning Elixirs & Teas



PREP TIME: 5 MINUTES (PLUS 15 MINUTES SOAKING)

SERVES: 1

Chia & Goji Berry Tea

Benefit

Deeply hydrates the skin's moisture barrier (Yin) and builds Liver Blood for a clear, bright complexion.

Ingredients

- 1 tbsp white or black chia seeds
- 1 tbsp dried goji berries
- 300ml filtered water

Standard Method

1. Place the chia seeds and goji berries in a large glass or mug.
2. Pour over warm filtered water and stir well to prevent the chia seeds from clumping.
3. Allow the mixture to sit for 15 minutes until the chia seeds swell and the goji berries soften.
4. Stir once more before drinking.

Thermomix Method / Tip

Use the Kettle mode to heat your filtered water to precisely 60°C. This ensures you do not destroy the delicate antioxidant properties of the goji berries with boiling water.



PREP TIME: 10 MINUTES

SERVES: 1

Black Sesame & Walnut Yin Elixir

Benefit

Targets Kidney Yin, which is the foundational root for thick, lustrous hair and strong nails.

Ingredients

- 2 tbsp black sesame seeds
- 4 whole walnuts
- 250ml filtered water
- Optional: 1 tsp pure maple syrup

Thermomix Method

1. Place black sesame seeds in the mixing bowl and dry-toast by cooking 3 min / 100°C / speed 1.
2. Add the walnuts, filtered water, and maple syrup (if using).
3. Blend 1 min / speed 9 until completely smooth, warm, and creamy. Pour into a mug and sip slowly.



PREP TIME: 5 MINUTES

SERVES: 1

Chamomile & Rose Petal Infusion

Benefit

Clears internal heat to minimise skin redness, while gently moving the blood to bring natural colour to the face.

Ingredients

- 1 tbsp dried chamomile flowers
- 1 tbsp dried, food-grade organic rose petals
- 300ml boiling water

Standard Method

1. Place the chamomile flowers and rose petals into a teapot or a tea strainer inside a mug.
2. Pour the boiling water over the flowers, cover, and steep for 5 minutes. Strain and serve.



PREP TIME: 5 MINUTES

SERVES: 1

Warm Pawpaw & Ginger Soother

Benefit

Delivers natural digestive enzymes to clear the digestive tract, whilst ginger warms the system.

Ingredients

- 1/2 small ripe Australian pawpaw (seeds removed, peeled, and cubed)
- 1 tsp fresh ginger
- A squeeze of fresh lime juice

Thermomix Method

1. Place peeled fresh ginger in the mixing bowl and chop 3 sec / speed 7.
2. Add cubed pawpaw and gently warm 2 min / 50°C / Reverse / speed soft (spoon) to release the juices without cooking the fruit.
3. Transfer to a bowl, add a squeeze of lime, and eat immediately.



Yin Nourishing Breakfasts



PREP TIME: 20 MINUTES

SERVES: 2

Medjool Date & Quinoa Porridge

Benefit

A highly alkaline base paired with dates to build blood, delivering vital oxygen to the skin.

Ingredients

- 1/2 cup white quinoa, rinsed well
- 1.5 cups water or light coconut water
- 4 fresh Medjool dates, pitted and roughly chopped
- A pinch of sea salt

Thermomix Method

1. Add rinsed quinoa, water, and salt to the mixing bowl. Cook 12 min / 90°C / Reverse / speed 1.
2. Add the chopped Medjool dates. Cook for a further 3 min / 90°C / Reverse / speed 1 until the quinoa is fluffy and dates have melted into a caramel consistency.



PREP TIME: 15 MINUTES

SERVES: 2

Stewed Pear & Buckwheat Bowl

Benefit

Nourishes Lung Yin, which directly governs the skin and helps lock in deep moisture.

Ingredients

- 1 cup raw buckwheat groats (soaked overnight, then rinsed thoroughly)
- 2 firm pears, cored and diced
- 1/2 tsp ground cinnamon
- 1/4 cup water

Thermomix Method

1. Place diced pears, cinnamon, and water into the mixing bowl. Cook 8 min / 90°C / Reverse / speed soft (spoon) until soft.
2. Spoon the warm, stewed pears directly over your soaked and rinsed buckwheat in serving bowls.



PREP TIME: 10 MINUTES

SERVES: 2

Silken Tofu & Shiitake Mushroom Scramble

Benefit

Purifies the blood for a clearer complexion while providing a cooling, yin-nourishing base.

Ingredients

- 300g firm silken tofu
- 1 cup fresh shiitake mushrooms, sliced
- 2 spring onions, finely sliced
- 1 tbsp tamari
- 1 tsp sesame oil

Thermomix Method

1. Place sesame oil and sliced mushrooms in the mixing bowl. Sauté 3 min / 120°C / Reverse / speed 1.
2. Add silken tofu (broken into chunks), tamari, and spring onions. Gently warm and mix 2 min / 90°C / Reverse / speed soft (spoon). Serve warm.



Qi-Building Broths & Soups



PREP TIME: 15 MINS (PLUS 2 HOURS COOKING)

SERVES: 4-6

Deep Nourishment Mushroom & Kombu Broth

Benefit

Deeply restores Jing (vital essence) through mineral-rich seaweeds and mushrooms, acting as the foundational anti-ageing reserve.

Ingredients

- 1 cup dried shiitake mushrooms
- 1 large strip of kombu (kelp)
- 1 whole head of garlic (halved horizontally)
- 1 large thumb of fresh ginger (sliced)
- 2 carrots (roughly chopped)
- Water to max fill line
- 2 spring onions (roughly chopped)

Thermomix Method (slow cook mode)

1. Place mushrooms, kombu, garlic, ginger, carrots, and spring onions into the Thermomix mixing bowl. Add water up to the maximum fill line.
2. Start the Slow Cook mode for 2 hours / 85°C.
3. Strain carefully before serving. The rich, dark broth can be sipped alone or used as a base for other meals.



PREP TIME: 10 MINUTES

SERVES: 2

Wakame & Zucchini Clear Soup

Benefit

Feeds hair follicles with essential minerals, particularly iodine.

Ingredients

- 2 tbsp dried wakame (rehydrated)
- 1 medium zucchini (cubed)
- 3 cups clear vegetable broth
- 1 tsp sesame oil & 1 tsp tamari

Thermomix Method (slow cook mode)

1. Place zucchini into the mixing bowl and chop 2 sec / speed 4.
2. Add the broth. Cook 5 min / 100°C / Reverse / speed 1.
3. Stir in rehydrated wakame, sesame oil, and tamari through the hole in the mixing bowl lid, allowing it to sit for 1 minute before serving.



COOK TIME: 1.5 HOURS

SERVES: 4

Slow-Cooked Adzuki Bean, Beetroot & Silverbeet Stew

Benefit

An exceptional blood builder that promotes rapid cellular repair and healthy circulation.

Ingredients

- 1 cup dried adzuki beans (soaked overnight and rinsed)
- 2 medium beetroots (peeled and cubed)
- 1 bunch silverbeet (chopped)
- 3 cups vegetable broth
- 1 onion (halved) & 1 tbsp olive oil

Thermomix Method

1. Place onion in mixing bowl and chop 3 sec / speed 5. Add oil and sauté 3 min / 120°C / speed 1.
2. Insert the blade cover. Add the soaked adzuki beans, beetroot, and vegetable broth.
3. Use Slow Cook mode 1.5 hours / 95°C until beans are tender.
4. Add chopped silverbeet in the final 5 minutes of resting to gently wilt.



PREP TIME: 40 MINUTES

SERVES: 3

Mung Bean & Celery Clear Broth

Benefit

Clears internal heat and dampness, helping to reduce puffiness around the eyes.

Ingredients

- 1/2 cup dried green mung beans (soaked overnight and rinsed well)
- 3 stalks celery (roughly chopped)
- 4 cups filtered water
- Sea salt and fresh coriander

Thermomix Method

1. Place celery in mixing bowl and chop 3 sec / speed 5. Scrape down sides.
2. Add soaked mung beans and water. Cook 35 min / 100°C / Reverse / speed soft (spoon) until beans are tender.
3. Season with salt and serve clear, garnished with coriander.



Harmonised Mains



PREP TIME: 15 MINUTES

SERVES: 2

Steamed Tofu & Asian Greens with Ginger

Benefit

Provides pure, easily digestible plant protein to support skin repair without burdening digestion.

Ingredients

- 300g firm organic tofu (sliced into thick rectangles)
- 1 thumb ginger (julienned)
- 2 spring onions (sliced) & 1 tbsp tamari
- 1 tsp sesame oil
- 1 bunch bok choy (for the Varoma tray)

Thermomix Method (Varoma)

1. Add 500g of water to the mixing bowl.
2. Place the tofu slices in the bottom Varoma dish. Scatter with julienned ginger. Place bok choy on the Varoma tray above.
3. Set Varoma in position and steam 15 min / Varoma / speed 1.
4. Transfer to plates, pour over tamari and sesame oil, and scatter with spring onions.



PREP TIME: 15 MINUTES

SERVES: 2

Zucchini Noodles with Pepita & Basil Pesto

Benefit

Highly alkalising and packed with zinc from the pepitas, critical for clear skin.

Ingredients

- 3 large zucchinis (spiralised into noodles)
- 1/2 cup fresh basil leaves
- 1/3 cup pepitas (pumpkin seeds)
- 1/4 cup extra virgin olive oil
- 1 garlic clove & lemon juice

Thermomix Method

FOR THE PESTO

1. Place garlic and pepitas in mixing bowl, chop 5 sec / speed 7.
2. Add basil, olive oil, and lemon juice. Blend 10 sec / speed 6.
Scrape down sides and repeat if a smoother pesto is desired.
3. Toss pesto directly through slightly warmed zucchini noodles.

FOR THE ZOODLES

1. Use a spiraliser to cut the 3 large zucchinis into long, continuous noodles.
2. Warm the Noodles (Varoma Mode)
 - Add 500g of water to the TM7 mixing bowl.
 - Place the raw zucchini noodles into the Varoma dish.
 - Lock the lid, set the Varoma in position, and steam for 2–3 min / Varoma / speed 1. This gently softens the noodles to make them digestible without turning them to mush.



PREP TIME: 30 MINUTES

SERVES: 2

Roast Pumpkin & Asparagus Toss

Benefit

Supports the Spleen for optimal digestion while acting as a gentle diuretic.

Ingredients

- 500g Kent or Jap pumpkin (cubed)
- 1 bunch fresh asparagus (trimmed and chopped)
- 1 tbsp macadamia oil & 1 tsp dried oregano

Method (Oven Roasted)

1. Preheat oven to 200°C. Toss pumpkin cubes in oil, oregano, and salt. Roast for 20 minutes.
2. Add the asparagus and roast for a final 10 minutes.



Evening Tonics & Snacks



PREP TIME: 15 MINUTES

SERVES: 2

Stewed Pink Lady Apples with Cinnamon

Benefit

Supports a healthy gut microbiome for clear skin and gently aids night time digestion.

Ingredients

- 2 Pink Lady apples (cored and chopped)
- 1 tsp ground cinnamon
- 1/3 cup filtered water

Thermomix Method

1. Place chopped apples, cinnamon, and water in the mixing bowl.
2. Cook 10 min / 90°C / Reverse / speed soft (spoon) until soft and fragrant. Serve warm.



PREP TIME: 20 MINUTES

SERVES: 2

Almond & Pear Sweet Soup

Benefit

Deeply hydrating to the lungs and skin, calming the nervous system **before sleep.**

Ingredients

- 2 firm pears (peeled, cored, and chopped)
- 1/3 cup fine almond meal
- 2.5 cups filtered water
- 1 tsp pure maple syrup (optional)

Thermomix Method

1. Place chopped apples, cinnamon, and water in the mixing bowl.
2. Cook 10 min / 90°C / Reverse / speed soft (spoon) until soft and fragrant. Serve warm.

Enjoyed the recipes?

True beauty begins in the kitchen, where the balance of a demanding life and a commitment to self-care meet. The Thermomix® TM7 is the bridge between the two —a sophisticated masterpiece designed to **deliver high-performance nutrition without the compromise of time.**

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